

May 2022

# MILFORD CENTRAL SCHOOL

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
<p>Mini Waffles</p> <p>Oven Roasted Chicken Yams Green Beans</p>	<p>Muffins</p> <p>Brunch For Lunch Waffles Sausage ,eggs,juice &amp; Cucumber Sticks</p>	<p>Yogurt</p> <p>B Que Chicken On a Bun French Fries Broccoli</p>	<p>Breakfast Sandwich</p> <p>Taco Rice Black Beans <b>Cinco de Mayo Day</b></p>	<p><i>Breakfast Bar</i></p> <p>Pizza Day Tossed Salad Carrots</p> <p><b>School Lunch Hero Day</b></p>
<p>9</p> <p><i>Mini Waffles</i></p> <p>Barbecue Chicken on a Bun Baked Beans Broccoli</p>	<p>10</p> <p><i>Breakfast Pizza</i></p> <p>Make your own Sub Ham,Turkey or Cheese Mac Salad Carrots</p>	<p>11</p> <p><i>Bagels &amp; Cream Cheese</i></p> <p>Chicken Nuggets Sweet potato Fries Corn</p>	<p>12</p> <p>Breakfast sandwich</p> <p>Roasted Turkey Mashed Potato &amp; Gravy Peas WG Roll</p>	<p>13</p> <p><i>Breakfast Bar</i></p> <p>P &amp;J or Cheese Veggies,Fruit Juice or milk <b>11:30 Dismissal</b></p>
<p>16</p> <p><i>Mini Waffles</i></p> <p>Barbecue Chicken on a Bun Baked Beans Carrots</p>	<p>17</p> <p><i>Muffins</i></p> <p>Tuesday Taco Chicken Or Beef Rice Corn</p>	<p>18</p> <p><i>Yogurt</i></p> <p>Wrap Day Buffalo Chicken or Ham Garlic Noodles Green Beans</p>	<p>19</p> <p>Breakfast sandwich</p> <p>Mac and Cheese WG Roll Broccoli</p>	<p>20</p> <p><i>Breakfast Bar</i></p> <p>Pizza Day Tossed Salad Corn</p>
<p>23</p> <p><i>Mini Waffles</i></p> <p>Barbecue Chicken on a Bun Baked Beans Broccoli</p>	<p>24</p> <p><i>Breakfast Pizza</i></p> <p>Make your own Sub Ham,Turkey or Cheese Mac Salad Carrots</p>	<p>25</p> <p><i>Bagel &amp; Cream Cheese</i></p> <p>Cheeseburger French Fries Green beans</p>	<p>26</p> <p><i>Breakfast Bar</i></p> <p>Rotini Pasta Meatball or meatless sauce Corn WG roll</p>	<p>27</p> <p><b>No School</b> Snow Day</p>
<p>30</p> <p><b>Memorial Day</b></p>	<p>31</p> <p><b>No School</b> Snow Day</p>	 <p>HEALTHY HABITS FOR HEALTHY COMMUNITIES</p> <p><b>Breakfast &amp; Lunch are</b></p>	<p>3 Items must be on your <i>Tray</i></p> <p>Breakfast must include Fruit or Juice Lunch must include Fruit or Vegetable</p> <p><b>Free for the 21/22 school year</b></p>	<p>Daily:</p> <p>Asst; sandwiches, Salad Fresh fruit, fruit cup, 1 % milk,Fat Free &amp; 1% choc</p> <p>We have gluten free options <i>Menu subject to change</i></p>